



# Nutrition and Wellness

## FCCLA STAR Events Information

(Students Taking Action with Recognition)

**Nutrition and Wellness**, an individual or team event, recognizes participants who track food intake and physical activity for themselves, their family, or a community group and determine goals and strategies for improving their overall health. Participants must prepare a portfolio, visuals, and an oral presentation.

### Project Connections

#### Top 5 Skills Students Report Learning Through Participation

- |                                    |                                    |
|------------------------------------|------------------------------------|
| Creativity                         | Decision Making or Problem Solving |
| Teamwork                           | Public Speaking                    |
| Responsibility and Time Management |                                    |

#### Career Clusters



#### National Family and Consumer Sciences Standards

- |  |  |
|--|--|
| Reasoning for Action Comprehensive Standard  | 8.0 Food Production and Services           |
| 1.0 Career, Community and Family Connections | 9.0 Food Science, Dietetics, and Nutrition |
| 4.0 Education and Early Childhood            | 10.0 Hospitality, Tourism, and Recreation  |
| 6.0 Family                                   | 12.0 Human Development                     |
| 7.0 Family and Human Services                | 14.0 Nutrition and Wellness                |

#### Common Career Technical Core/Career Ready Practices

- |   |  |
|---|--|
| 2.0 Apply appropriate academic and technical skills.                      | 7.0 Employ valid and reliable research strategies.                                     |
| 3.0 Attend to personal health and financial well-being.                   | 8.0 Utilize critical thinking to make sense of problems and persevere in solving them. |
| 5.0 Consider the environmental, social and economic impacts of decisions. | 11.0 Use technology to enhance productivity.   |

#### FCCLA Programs



Projects may qualify to compete at the annual National Leadership Conference.  
 Turn this page over to see examples of projects from across the nation and participation data.  
 For information on state participation, contact your state adviser.



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### Examples of Nutrition and Wellness Projects:

*"This project impacted my family because my mom and I suffer from Type 2 diabetes. In my project, I tracked what we ate, when, and how much through using a food diary, as well as what type of exercise." Arizona FCCLA Member*

*"I tracked my food intake and exercise to help me reach my goal of wrestling at 135 pounds. I used a food tracker and set goals for myself." Kansas FCCLA Member*

*"Over five weeks, I tracked food intake and exercise for teachers who volunteered for the project. Each week I gave them a letter, informational flyer, a gift, and personal notes. I made individualized plans for them that included meals, exercise, water, and sleep." Missouri FCCLA Member*

*"As a future chef, this project helped me to understand how nutrition positively nourishes the mind, body, and soul." Ohio FCCLA Member*

*"Four people in my church youth group agreed to participate in tracking food intake and exercise. I developed three main goals for each of them based on the result of their tracking." Tennessee FCCLA Member*

### Nutrition and Wellness by the Numbers:

2020-2021

**Participants Nationwide:** 185 participants

**Levels:** 1 (through grade 8), 2 (grades 9-10), 3 (grades 11-12), 4 (Postsecondary)

**Type of Event:** Foundational

**Nationwide Impact:** 2398 people

89% of Nutrition and Wellness participants indicated this event is extremely or very useful to their future.

34% of Nutrition and Wellness participants indicated they would pursue higher education related to the career chosen in their project.

**This information sheet does NOT include the guidelines for competition. To prepare for competition, Affiliated FCCLA Chapters should download the most recent STAR Events Guidelines.**

**Adviser Login:** <https://affiliation.registermychapter.com/fccla#>

**Student Login:** <https://affiliation.registermychapter.com/fccla/members#>

**To learn more about FCCLA STAR Events, visit the national FCCLA website, [www.fcclainc.org](http://www.fcclainc.org), or email [starevents@fcclainc.org](mailto:starevents@fcclainc.org).**